this season..

Love your heart

with australian almonds

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Entertain with Almonds

Recipe Book

Fresh AUSTRALIAN ALMONDS

Almonds with Rosemary and Shallots

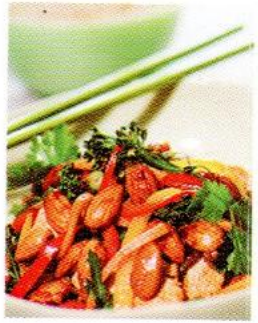
Ingredients

• 5 cups whole almonds • 1 tbsp extra virgin olive oil • 1/2 cup thinly slice shallots • 3 garlic cloves, thinly sliced lengthways • 2 tbsp of salted butter • 1/4 cup coarsely chopped fresh rosemary • 1/4 tbsp cayenne pepper • 1 tbsp brown sugar • 1 tbsp good quality sea salt

Method

Heat oven to 180°C. Toast almonds on a flat layer of baking paper for 8-12 mins (note: occasionally rotate almonds to toast all over). Once cooked, transfer to a large bowl to cool. Heat olive oil in a fry pan over medium heat. Add shallots and garlic, cook until golden brown. Remove from heat and set aside. Melt butter in pan and pour over nuts. Add rosemary, cayenne pepper, brown sugar and sea salt, stir well to combine. Finally toss together with garlic and shallots and serve warm. Can be reheated in a warm oven (180°C) for 8 mins before serving. Serves 4.

Almond, Chicken and Vegetable Stir Fry



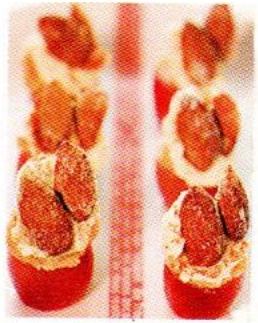
Ingredients

• 1/3 cup whole almonds • 2 skinless chicken breasts sliced into small bite size pieces • 1 large carrot sliced julienne style • 1 large red pepper sliced julienne style • 1 large green pepper sliced julienne style • 1 large yellow pepper sliced julienne style • 300g green beans trimmed and cut in half • 1/2 bunch Chinese broccoli chopped with stalks removed • 3 tsp sambal oelek • 2 tbsp finely chopped lemongrass • 4 tbsp lime juice • 2 tbsp palm sugar • 2 tbsp roughly chopped coriander • 1/2 cup chopped spring onions • 4 tbsp sesame oil • 1 tbsp kecap manis • 2 tsp minced garlic

Method

In a hot wok heat 3 tbsp sesame oil, add sugar, lemongrass, lime juice, kecap manis, garlic and sambal oelek. Heat to infuse the flavours. Add almonds, cook for 3 mins on a medium heat. Add chicken and cook for a further 2 mins on high heat. Add last tbsp of sesame oil, beans, carrots, broccoli, red, yellow and green peppers and cook for 2 mins. Add freshly chopped spring onions and coriander, mix through. Serve at once with steamed rice. Serves 4.

Stuffed Red Grapes with Almonds



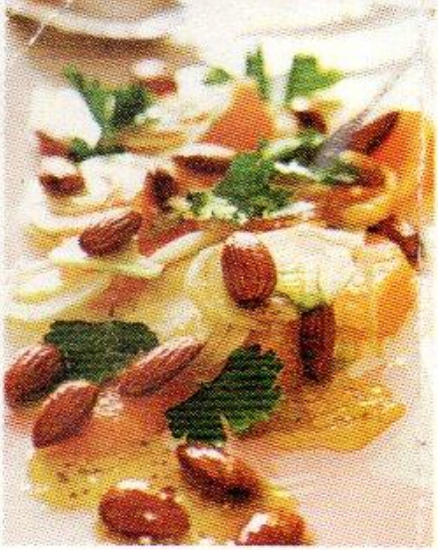
Ingredients

• 12 whole red 'globe' grapes, washed and dried • 24 whole almonds • 1 egg white, whisked till fluffy • 2 tbsp castor sugar • 2 tbsp extra castor sugar to coat almonds • 30g marscapone cheese • 20g marscapone cheese for garnish • 50g pre-made (standard supermarket) madeira cake, chopped to breadcrumb consistency • 2 tbsp cinnamon sugar

Method

Prepare grape cases by slicing grapes in half and scooping out the seed centre with a small melon baller (note: slice off a tiny portion of the bottom so grape cups can stand on their own). Heat oven to 180°C. Toss almonds in egg white and castor sugar. Place individually on baking paper and cook for 15-20 mins, turning every few mins. While still hot toss almonds in extra castor sugar and set aside. In a mixing bowl, combine madeira cake and soft marscapone to a firm paste. Fill each grape case with mixture, garnish with a little extra marscapone, top with a toasted sugared almond. Chill in fridge. Dust with cinnamon sugar before serving. Present with chilled champagne. Serves 4.

Almond, Fennel and Orange Salad



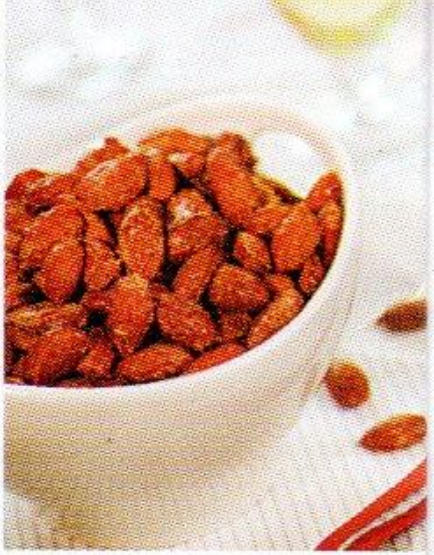
Ingredients

• 1/2 cup whole almonds • 2 tbsp white balsamic vinegar • 4 tbsp olive oil • 1 tbsp dijon mustard • 1 cup of flat leaf parsley • 2 fennel bulbs, sliced extra thinly • 2 sweet oranges, peeled and segmented • salt and pepper to taste

Method

To create dressing place vinegar, oil and mustard in a mixing jar and shake to combine. Toss fennel, orange segments, parsley and almonds in a large bowl. Drizzle dressing over combined ingredients, add salt and pepper to taste. Serve immediately.

Chilli Infused Almonds



Ingredients

• 5 cups whole almonds • 1 tbsp good quality sea salt • 2 1/2 tbsp powdered chilli • 1/2 cup of white sugar • 2 large egg whites

Method

Heat oven to 150°C. Beat egg whites until light and foamy. Stir in sea salt, chilli, sugar and nuts. Individually spread on baking sheet and place in oven. Bake for 15 mins at 150°C then reduce to 120°C. Rotate almonds in pan and cook for approximately 10 mins. Remove from oven and immediately spread almonds on a clean baking sheet and set aside to cool. Can be kept up to a week in an airtight container. Excellent pre-dinner starter.